



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09248, Peaches, dried, sulfured, stewed, with added sugar**

**Report Date: June 30, 2017 19:31 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 270g
<b>Proximates</b>					
Water	g	71.38	--	--	192.73
Energy	kcal	103	--	--	278
Energy	kJ	431	--	--	1164
Protein	g	1.06	--	--	2.86
Total lipid (fat)	g	0.22	--	--	0.59
Ash	g	0.73	--	--	1.97
Carbohydrate, by difference	g	26.60	--	--	71.82
Fiber, total dietary	g	2.4	--	--	6.5
<b>Minerals</b>					
Calcium, Ca	mg	8	--	--	22
Iron, Fe	mg	1.20	--	--	3.24
Magnesium, Mg	mg	12	--	--	32
Phosphorus, P	mg	35	--	--	94
Potassium, K	mg	292	--	--	788
Sodium, Na	mg	2	--	--	5
Zinc, Zn	mg	0.17	--	--	0.46
Copper, Cu	mg	0.107	--	--	0.289
Manganese, Mn	mg	0.089	--	--	0.240
Selenium, Se	µg	0.7	--	--	1.9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	3.4	--	--	9.2
Thiamin	mg	0.005	--	--	0.014

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 270g
Riboflavin	mg	0.019	--	--	0.051
Niacin	mg	1.388	--	--	3.748
Pantothenic acid	mg	0.165	--	--	0.446
Vitamin B-6	mg	0.035	--	--	0.095
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	9	--	--	24
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	180	--	--	486
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
<b>Lipids</b>					
Fatty acids, total saturated	g	0.024	--	--	0.065
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
16:0	g	0.021	--	--	0.057
18:0	g	0.003	--	--	0.008
Fatty acids, total monounsaturated	g	0.082	--	--	0.221
16:1 undifferentiated	g	0.002	--	--	0.005
18:1 undifferentiated	g	0.080	--	--	0.216
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.108	--	--	0.292
18:2 undifferentiated	g	0.105	--	--	0.283
18:3 undifferentiated	g	0.003	--	--	0.008
18:4	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 270g
20:4 undifferentiated	g	0.001	--	--	0.003
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Amino Acids</b>					
Tryptophan	g	0.003	--	--	0.008
Threonine	g	0.041	--	--	0.111
Isoleucine	g	0.030	--	--	0.081
Leucine	g	0.060	--	--	0.162
Lysine	g	0.034	--	--	0.092
Methionine	g	0.026	--	--	0.070
Cystine	g	0.009	--	--	0.024
Phenylalanine	g	0.033	--	--	0.089
Tyrosine	g	0.028	--	--	0.076
Valine	g	0.058	--	--	0.157
Arginine	g	0.027	--	--	0.073
Histidine	g	0.020	--	--	0.054
Alanine	g	0.063	--	--	0.170
Aspartic acid	g	0.176	--	--	0.475
Glutamic acid	g	0.160	--	--	0.432
Glycine	g	0.037	--	--	0.100
Proline	g	0.044	--	--	0.119
Serine	g	0.049	--	--	0.132
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0